

# Freedom From Smoking®



**Handout Book**



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# Handout Book

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**This book belongs to:**

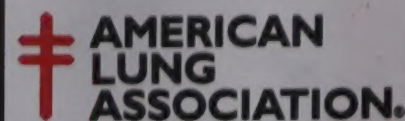






# FREEDOM FROM SMOKING<sup>®</sup>

## Are You Ready To Quit Smoking?



Orientation Session: Thinking About Quitting

[www.ffsonline.org](http://www.ffsonline.org)

Please answer questions by circling YES or NO.

<u>1</u> Do I want to quit smoking for myself?	YES	NO
<u>2</u> Is quitting smoking a #1 priority for me?	YES	NO
<u>3</u> Have I tried to quit smoking before?	YES	NO
<u>4</u> Do I believe that smoking is dangerous to my health?	YES	NO
<u>5</u> Am I committed to trying to quit even though it may be tough at first?	YES	NO
<u>6</u> Are my family, friends and co-workers willing to help me quit smoking?	YES	NO
<u>7</u> Besides health reasons, do I have other personal reasons for quitting smoking?	YES	NO
<u>8</u> Will I be patient with myself if I backslide?	YES	NO

If you answered "YES" to 4 or more of these questions, you are ready to quit smoking.  
GOOD LUCK!

If you scored under 4, please talk to your **Freedom From Smoking<sup>®</sup>** Clinic Facilitator.

Please see "Preparing To Quit" quiz on back—



Listed below are questions about skills, techniques or information that are often used to stop smoking. Please answer questions by circling YES or NO.

<u>1</u>	Have you identified your reasons for wanting to stop smoking?	<b>YES</b>	<b>NO</b>
<u>2</u>	Do you know how to lower your nicotine level in your body by "brand switching?"	<b>YES</b>	<b>NO</b>
<u>3</u>	Do you feel you are addicted to nicotine?	<b>YES</b>	<b>NO</b>
<u>4</u>	Do you know how to cope with withdrawal symptoms?	<b>YES</b>	<b>NO</b>
<u>5</u>	Do you want information on nicotine gum or the nicotine patch?	<b>YES</b>	<b>NO</b>
<u>6</u>	Do you know how to use deep breathing as a technique to stay free of smoking?	<b>YES</b>	<b>NO</b>
<u>7</u>	Do you know how to develop social support to help you stay free from cigarettes?	<b>YES</b>	<b>NO</b>
<u>8</u>	Have you planned strategies for dealing with temptations to start smoking again?	<b>YES</b>	<b>NO</b>
<u>9</u>	Have you planned a reward for yourself once you have quit smoking?	<b>YES</b>	<b>NO</b>
<u>10</u>	Do you know how to manage weight gain, which sometimes occurs when people stop smoking?	<b>YES</b>	<b>NO</b>
<u>11</u>	Do you have other strategies to handle stress without smoking?	<b>YES</b>	<b>NO</b>
<u>12</u>	Do you feel stopping smoking is your top health improvement priority?	<b>YES</b>	<b>NO</b>

---

 Your Name



## Registration Form and Questionnaire

Orientation Session: Thinking About Quitting

[www.ffsonline.org](http://www.ffsonline.org)

All information on this questionnaire will be kept confidential.

NAME

MALE ☐FEMALE ☐

(Please Print Clearly)

ADDRESS

(Street, City)

(State &amp; Zip)

HOME PHONE

WORK PHONE

CORPORATION

## QUESTIONNAIRE

1. At what age did you begin to smoke? \_\_\_\_\_
2. How many cigarettes do you smoke per day now? \_\_\_\_\_
3. How many times have you stopped smoking before? \_\_\_\_\_
4. What is the longest period of time you have gone without smoking since you first started? \_\_\_\_\_
5. Are you now using tobacco in any other form? If yes, please check:  
☐ pipe                      ☐ cigar                      ☐ chewing tobacco
6. How sure are you that you are ready to stop smoking now?  
☐ extremely sure      ☐ sure                      ☐ fairly sure                      ☐ not sure
7. How did you learn about the American Lung Association's **Freedom From Smoking®** Clinic?  
☐ newspaper                      ☐ radio                      ☐ TV  
☐ word of mouth                      ☐ other
8. Which of these best describes your race or ethnic group?  
☐ White                      ☐ African American                      ☐ Hispanic  
☐ Asian                      ☐ Native American                      ☐ Other \_\_\_\_\_  
☐ I do not care to provide this information







Are you using any of these excuses to keep smoking?

■ **Scientists still haven't proven that cigarettes cause cancer.**

Thousands of research studies have shown there is a link between smoking and lung cancer. No doubt remains. These studies also have shown that smoking causes chronic bronchitis and emphysema. Smoking also is associated with heart disease, diseases of the circulation and ulcers.

Smoking reduces the quality of life for smokers and can cause shortness of breath, less energy and more colds. Smoking also pollutes the air for nonsmokers and may damage their health.

It is not a good feeling to know that you are destroying your health and harming those around you. After you've stopped smoking, your mind and body will feel better.

■ **I don't smoke enough to get the diseases that smoking causes.**

Heavy smokers do have a greater chance of getting diseases such as emphysema. But light smokers get them too. Light smokers have a greater chance of getting these diseases than do nonsmokers.

■ **It's too hard for me to stop smoking. I won't make it.**

It can be hard for some people to give up smoking. For others, it is much easier than they expected. Close to forty-five million Americans have quit smoking. Each day that you do not smoke, you will be developing a stronger nonsmoking habit. Your desire to smoke will become less, and finally disappear. Anyone who really wants to quit can do it if he or she keeps at it.

■ **I don't have to worry about my health if I use low-tar cigarettes.**

There is no safe cigarette. Low-tar cigarettes often produce higher levels of chemicals like carbon monoxide than do high-tar cigarettes. Also, to get the amount of nicotine you're used to, you may inhale deeper and more often.



### ■ **Smoking relaxes me.**

A cigarette may give you the level of nicotine your body has become used to, but don't call it real relaxation. It's just temporary relief from the tension caused by your need for a nicotine fix. Smoking actually increases your heartbeat and blood pressure. You can learn to relax in ways that are as effective and much better for you. You'll learn more about relaxing as you get into the program.

### ■ **If I stop smoking, I'll gain weight.**

Some people do gain weight when they stop smoking. Others do not. Some even lose excess weight. In some people, stopping smoking slows down their body chemistry as they return to a state of well-being. So they may gain a few pounds. This small weight gain will usually disappear after the body adjusts to the way it was before you started smoking.

So don't worry about gaining weight. You'd have to gain 80 or 90 pounds to do as much damage to your health as one pack of cigarettes a day!

After you have learned to stop smoking, we will show you how to keep from gaining weight. Weight gain is a problem that can be easily handled. Meanwhile, try not to substitute food for cigarettes.

### ■ **Air pollution is just as dangerous as cigarettes.**

No, it's not. Air pollution is more dangerous only when there's an accident, such as poison gas escaping, or in a workplace where a dangerous substance is not properly controlled.

Smokers who live or work in heavily polluted areas have much higher rates of lung diseases than do nonsmokers. Any way you look at it, you do not want to breathe in poisons, particularly in the concentrated levels found in cigarette smoke.

### ■ **I've smoked so long that it won't make any difference if I quit now.**

Wrong....research has proven that your body benefits from quitting, no matter how long you've been smoking. Your body can even repair some of the damage that has been done. Your body will begin to function more efficiently. You will feel better and look better, and healthier.

Remember...

You are not giving up something, you are gaining your freedom! Cigarette smoking is becoming socially unacceptable. The people near you—at work, in public places, at home—will be happier to be around you. Everyone will breathe cleaner air.



Please answer questions by circling YES or NO.

<b><u>1</u></b> Do you smoke your first cigarette within 30 minutes of waking up in the morning?	<b>YES</b>	<b>NO</b>
<b><u>2</u></b> Do you smoke 20 cigarettes (one pack) or more each day?	<b>YES</b>	<b>NO</b>
<b><u>3</u></b> At times, when you can't smoke or haven't got any cigarettes, do you feel a craving for one?	<b>YES</b>	<b>NO</b>
<b><u>4</u></b> Is it tough for you to keep from smoking for more than a few hours?	<b>YES</b>	<b>NO</b>
<b><u>5</u></b> When you are sick enough to stay in bed, do you still smoke?	<b>YES</b>	<b>NO</b>

If you answered "YES" to 2 or more of these questions,

**YOU MAY BE ADDICTED  
TO THE NICOTINE IN CIGARETTES.**







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The following is a list of reasons  
why I, \_\_\_\_\_  
want to stop smoking:

- *Example:* I want to stop smoking to save \$2,000.00 a year. This is about what it costs to smoke 1-1/2 packs of cigarettes a day.

1 \_\_\_\_\_  
\_\_\_\_\_

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\_\_\_\_\_

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4 \_\_\_\_\_  
\_\_\_\_\_

5 \_\_\_\_\_  
\_\_\_\_\_







New medication products are emerging to help smokers quit. It's important to check with your doctor or pharmacist to find out which product might be right for you. All the products should be used in conjunction with a behavioral or support program.

## **OVER-THE-COUNTER PRODUCTS**

### *NICOTINE PATCH*

**NicoDerm® CQ, Nicotrol® Nicotine Transdermal Patch**, Nicotine patches help reduce nicotine withdrawal symptoms by providing a steady dosage of nicotine throughout the day. Each day, a new patch is applied to the upper body. Patches sold over the counter are available in either 6-week or 10-week treatment periods. Typical questions about the nicotine skin patch are discussed in a separate handout in FFS Clinic Session 3.

### *NICOTINE GUM*

**Nicorette®**, Nicotine gum provides nicotine to your bloodstream to help reduce your urge to smoke. Like the nicotine patch, nicotine gum helps reduce some of the physical symptoms that people experience when trying to quit. Nicotine gum is available over the counter, and the recommended treatment period is 12 weeks. Tips for the correct use of nicotine gum and tips for weaning off nicotine gum are discussed in a separate handout in FFS Clinic Session 3.

## **PRODUCTS CURRENTLY AVAILABLE BY PRESCRIPTION**

### *NICOTINE PATCH*

**Habitrol®, ProStep®**, See information above and in separate handout in FFS Clinic Session 3.

### *NICOTINE NASAL SPRAY*

**Nicotrol® NS**, Delivers nicotine through the lining of the nose when you squirt it directly into each nostril. Unlike nasal sprays used to relieve allergy symptoms, the nicotine spray is not meant to be sniffed. Rather, it is sprayed once into each nostril once or twice an hour. Be sure to ask your pharmacist for help in using the product correctly.

#### **Advantages**

- Flexible dosing
- Can be used in response to stress or urges to smoke
- Fastest delivery of nicotine of currently available products
- Reduces cravings within minutes

#### **Disadvantages**

- Nose and eye irritation are common, but usually disappear within one week
- Frequent use during the day required to obtain adequate nicotine levels



## **NICOTINE INHALER**

**Nicotrol® Inhaler**, A plastic cylinder containing a cartridge that delivers nicotine when you puff on it. Although similar in appearance to a cigarette, the inhaler delivers nicotine into the mouth, not the lung, and enters the body much more slowly than the nicotine in cigarettes.

Puffing must be done frequently, far more often than your cigarette. Each cartridge lasts for 80 long puffs; each cartridge is designed for 20 minutes of use. A minimum of six cartridges per day is needed for three to six weeks, then the patient starts tapering off. You do not need to inhale deeply to achieve an effect.

### **Advantages**

- Flexible dosing
- Mimics the hand-to-mouth behavior of smoking
- Few side effects
- Faster delivery of nicotine than the patches

### **Disadvantages**

- Frequent use during the day required to obtain adequate nicotine levels
- May cause mouth or throat irritation

## **NON-NICOTINE PILL**

**ZYBAN™**, Treatment must be started at least one week before your target quit date. Its primary role is to act on brain chemistry to bring about some of the same effects that nicotine has when people smoke. Zyban helps reduce nicotine withdrawal symptoms and the urge to smoke by working on two brain chemicals, dopamine and norepinephrine. These two chemicals, particularly, are associated with cravings and withdrawal symptoms.

A small risk of seizure is associated with use of this medication. The main ingredient in Zyban has been available for many years as a treatment for depression, under the trade name Wellbutrin. However, it works well in people with no depression as an aid to quit smoking. Most people take Zyban 7 – 12 weeks.

### **Advantages**

- Easy to use
- Pill form
- Few side effects
- Can be used in combination with nicotine patches

### **Disadvantages**

- Should not be used by patients with eating disorders, seizure disorders or those taking certain other medication
- Lack of flexibility of use

**Note:** *The American Lung Association is neither the manufacturer nor the seller of these products and takes no responsibility with respect to them, nor does it endorse any specific product.*



To break your smoking habit, you need to know as much as you can about what causes you to smoke. Pull out your "Pack Track" and look them over.

 <p>If you circled mostly "happy" faces:</p> <p>You smoke mostly to relax, feel good and enjoy good times. Think about where and when you smoke and who is with you.</p>	 <p>If you circled mostly "blah" faces:</p> <p>You smoke out of boredom or habit. Think about where and when you smoke your "bored" cigarettes.</p>	 <p>If you circled mostly "unhappy" faces:</p> <p>It's likely that you smoke when you're tense, angry or upset. Think about why, when and where you smoke your "unhappy" cigarettes.</p>
---	---	---

Now, **PLAN AHEAD** for some things you will do instead of smoking all those cigarettes. Look at the cigarettes that you needed most. These are the ones you marked YES.

Below, write the time, place and mood for your Three Most Important cigarettes. Then, fill in a substitute activity.

*For example:*

Time: *10 a.m. Coffee Break*

Place: *Office Lounge*

Mood: *Tired*

Instead of smoking I could: *Take a brisk walk outside or around the office.*

**1** Time: \_\_\_\_\_

Place: \_\_\_\_\_

Mood: \_\_\_\_\_

Instead of smoking I could: \_\_\_\_\_

**2** Time: \_\_\_\_\_

Place: \_\_\_\_\_

Mood: \_\_\_\_\_

Instead of smoking I could: \_\_\_\_\_

**3** Time: \_\_\_\_\_

Place: \_\_\_\_\_

Mood: \_\_\_\_\_

Instead of smoking I could: \_\_\_\_\_







## MAKE A LIST OF REWARDS

Use the lines we're provided on the back to start making a list of rewards to give yourself.

You don't have to finish the list.

### EXAMPLES

**Stay** in bed on a weekend morning to read a novel.

**Use** a new can of tennis balls every time you play.

**Listen** to a favorite tape or CD.

**Buy** fishing equipment: new hooks, new lures, new line.

**Take** a long bubble bath.

**Wear** a new jacket.

**Buy** new clothes.

**Redo** your hair.

**Buy** camping equipment: a new canteen, extra wool socks.

**Take** pictures.

**Buy** a special bit for one of your drills.

**Have** someone else do the dishes.

**Buy** a special wrench or wrench set.

**Call** a friend for a long chat.

**Read** a new book.

**Buy** new running shoes.

**Have** someone else clear the table.

**Eat** a special food you usually don't allow yourself.

**Eat** dinner at a new restaurant in town.

**Buy** painting equipment—paint tubes, palette knives.

**Get** a back rub or full massage.

**Go** bowling.

**Buy** a new tape or CD.

**Have** a facial at the barber or beautician.

**Get** new materials for your hobby.

**Have** a professional do your lawn.

**Hire** a maid for a day



# *My List of Rewards*

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_





## **FREEDOM FROM SMOKING®**

# **CONTRACT**



I \_\_\_\_\_, am committed to  
not smoking for the next \_\_\_\_\_ days. When I am successful in not  
smoking until \_\_\_\_\_ o'clock on \_\_\_\_\_,  
(time) (day)

I will give myself the following reward:

\_\_\_\_\_

\_\_\_\_\_  
**Signed**

\_\_\_\_\_  
**Witnessed**







# FREEDOM FROM SMOKING®

## Calendar Scorecard



Session 3: Quit Day

[www.ffsonline.org](http://www.ffsonline.org)

For the next 30/31 days, you can proudly put an American Lung Association double-barred cross on each calendar day that you do not smoke.



**QUIT DAY**

**FREEDOM  
DAYS**



DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



DAY 8



DAY 9



DAY 10



DAY 11



DAY 12



DAY 13



DAY 14



DAY 15



DAY 16



DAY 17



DAY 18



DAY 19



DAY 20



DAY 21



DAY 22



DAY 23



DAY 24



DAY 25



DAY 26



DAY 27



DAY 28



DAY 29



DAY 30



DAY 31







- 1 When you're challenged by a strong urge to smoke, take a few deep breaths and remember your determination to be free.
- 2 Think of your most important reason for wanting to stop. Say it out loud in front of the mirror.
- 3 Do not start feeling sorry for yourself. It's the people who are still smoking who should be pitied. You were smart enough to follow a program and stop smoking.
- 4 Immediately turn your attention to something else. Use any of the distraction and coping techniques from your "Plan Ahead—Part 1" sheet. Remember that even the most intense craving lasts only a few minutes—5 or 10 at the most.

**The urge passes whether you smoke a cigarette or not.**

- 5 Do so something with your hands. Knit. Doodle. Play with coins. Write a letter.
- 6 Be good to yourself in every possible way. Even indulge yourself a little. Enjoy a special treat on weekends (a good meal, a show, etc.) with the money you've saved.
- 7 Frequent places where you don't smoke rather than places where you do.
- 8 Curb use of alcohol and caffeine.
- 9 Seek the company of nonsmokers.
- 10 Concern yourself only with today; tomorrow will take care of itself. Get through today without smoking.



## Eat something!

Low-calorie snack, veggies, chew fresh ginger. Bite into a clove.

## Talk to yourself!

When the urge comes, say: “Slow down. You’re doing great. You can keep going.”

## Distract yourself!

Whistle! Sing! Brush your teeth! Work on a hobby! Take a shower.

## Analyze!

Do you think you need a cigarette as a reward to relieve boredom, or after an extended period of concentration? Find another way to take a break.

## Move!

Get up and walk around. Take a drink of water. Practice relaxation exercises. Stretch, yawn, do deep knee bends, touch your toes, shrug your shoulders.

## Make believe!

Pretend you’re smoking a cigarette. It’s a very helpful breathing exercise.

## Breathe!

In and out, as if you actually had a lighted cigarette in your mouth. You will find that you are actually sighing!

Think of quitting as an act of love: for those you care about. It’s also a gift to yourself.



When people quit smoking, they sometimes feel low, sorry for themselves, lonely, deprived. That's when a buddy can be particularly helpful.

A telephone call, either initiated or received, can give you or your buddy just the needed boost to help lift your mood and keep you from smoking. A good buddy will offer you encouragement and make supportive comments. The good buddy can help you deal with your craving for a cigarette, just by being available. In a few minutes of conversation, the urge to smoke will disappear.

Don't underestimate the value of a buddy. You may not feel a need, but you could be of great service to a buddy who does.

Remember to set up a specific plan with your buddy. Use the form below to cement your commitment to your buddy. Be creative. Let it change. But, have a plan. You wouldn't want your community to hire firemen after your house started to burn! Try to keep in contact at least every 48 hours. With this frequent contact, plans can be followed.

## A Mutual Agreement

I agree to support  
my buddy by:

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_
- 4 \_\_\_\_\_  
\_\_\_\_\_

I will avoid the following behaviors  
in support of my buddy:

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_
- 4 \_\_\_\_\_  
\_\_\_\_\_



## A WORD OF CAUTION

In a couple of instances you may find it difficult to be a good buddy.

**Example 1:** You've smoked a few cigarettes and don't want to tell your buddy because you're afraid of discouraging him or her.

**Solution:** Be frank; seek your buddy's counsel; also, call your Clinic Facilitator.

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**Example 2:** You're doing great and your buddy isn't. You feel that you're hurting or embarrassing her or him more than helping by talking about your ease in quitting.

**Solution:** Be a better listener than talker. And remember, your early success doesn't mean that you've conquered the smoking habit for good. Be frank about your current concerns. Tell your buddy about your own anxieties.

---

**Example 3:** It's been rough, but you haven't given in to your occasional urge to smoke. Your buddy is having even more trouble, so you're afraid that after listening to him or her, you too will smoke.

**Solution:** Speak frankly with your buddy about this. Maybe focusing on helping your buddy will distract you. Maybe a 24 hour no-contact period will be good for each of you. Choose a solution that fits both your styles.

---

**Example 4:** Your buddy is a nonsmoking friend who is not a member of your group. So far, she has been very supportive, offering encouragement every time you call. Sometimes, however, you feel embarrassed about calling her, thinking that she is tired of being disturbed. After all, she has been a successful nonsmoker for years now.

**Solution:** Trust your buddy. Remember, she knows how good it feels to quit, and she is probably happy to give you all the encouragement she can. Discuss a specific "buddy plan" that you both can agree to.

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A buddy system is a MUTUAL SUPPORT SYSTEM.

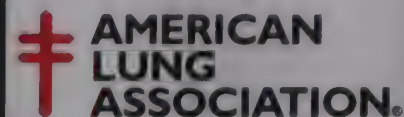
You "use" your buddy AND your buddy "uses" you.

PRAISE and CONGRATULATIONS from a buddy is ALWAYS WELCOME.

# **FREEDOM FROM SMOKING®**

## Symptoms of Recovery

Session 3: Quit Day



[www.ffsonline.org](http://www.ffsonline.org)

Quitting smoking brings on a variety of symptoms. There are both physical and psychological recovery symptoms. Most symptoms decrease after the first three days. Some stop after three days. Other symptoms slowly decline over the next two to three weeks. For some people, coping with recovery symptoms is like “riding a roller coaster.” They will take sharp turns, slow climbs and unexpected plunges. Most symptoms pass within two to four weeks.

### **SYMPTOM**

### **RELIEF**

**Irritability**

Walks, hot baths, relaxation techniques, nicotine gum.

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**Fatigue**

Take naps. Do not push yourself. Nicotine gum.

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**Insomnia**

Avoid caffeine after 6 PM. Relaxation techniques.

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**Cough, dry throat, nasal drip**

Drink plenty of fluids. Try cough drops.

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**Dizziness**

Take extra caution. Change positions slowly.

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**Lack of concentration**

Plan workload accordingly. Avoid additional stress during first few weeks.

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**Constipation, gas, stomach pain**

Drink lots of fluids, add roughage to diet (fruits, vegetables, whole grain cereals).

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**Hunger**

Drink water or low-calorie liquids. Be prepared with low-calorie snacks.

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**Craving for a cigarette**

Wait out the urge. Urges last only a few minutes. Distract yourself. Exercise. Go for a walk around the block.

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- 1** Read the directions on the box. Ask your doctor or pharmacist any questions you have about its use.
- 2** Stop smoking completely on **Quit Day**. You are not to chew the gum and smoke cigarettes.
- 3** Begin using the nicotine gum as soon as you quit. Chew the medication one piece at a time. Chew very slowly until you feel a tingle in your mouth. When the peppery taste is present, park the gum between your cheek and gum. When the tingle is gone, chew a few more times to get it back. Then park it again. Repeat this procedure for about 30 minutes to release most of the nicotine.
- 4** Do not use nicotine gum while you are drinking hot or cold drinks. This washes the nicotine down to the stomach. You want to absorb it through the lining of your mouth. Swallowing the nicotine could cause heartburn or hiccups. Wait 15 minutes after drinking liquid before chewing the gum and vice versa.
- 5** Use enough pieces of the medication each day to relieve the withdrawal symptoms. About 10 to 15 pieces a day is usually enough; however, you can have up to 30. It is important to use as many as you need to feel comfortable without cigarettes.

**DO NOT SMOKE AND CHEW**

- 6** Use the nicotine medication every day for at least two to three months to prevent relapse. The first three months are when relapse is most likely to happen.
- 7** As the urge to smoke decreases, you gradually will be able to reduce the number of pieces of the medication used each day. When you get down to just one or two pieces a day, you can stop using it. But, continue to carry some with you for a few more weeks, in case of an emergency situation which might tempt you to smoke.



Here are some techniques to use in weaning off the nicotine medication when you are ready.

- 1** Reduce one piece a day for five days. If you feel any withdrawal symptoms during the week, don't decrease the next day and stay at that level for one week.  
  
Then begin to decrease again. After five days of decreasing, stay at that level for one week.  
  
Repeat that procedure until you get to one or two pieces a day. Stay at one or two a day for one week and then quit.
- 2** As you cut down, replace one or more pieces with regular sugar-free gum.
- 3** Cut the pieces in half or chew them for half the time. Chewing them half the time will help you break the chewing habit if you need to.

Design your plan in time to be completely free and confident of your freedom in six months. We suggest you start cutting down after three months of use.

**CHEW** it right!  
enough!  
it long enough!



## HOW DOES THE PATCH WORK?

The patch keeps a constant amount of nicotine in your body; the nicotine dissolves right through the skin and enters the body. The patch can relieve some of the physical symptoms associated with quitting smoking so you can concentrate on your behavioral and psychological addiction to cigarettes.

## HOW DO I USE THE PATCH?

The patch is as simple to use as a Band-Aid. Follow the instructions that come with the package and use the patch only after you stop smoking. Apply the patch to a clean, dry, non-hairy area of your upper body. Press the patch firmly on your upper skin. Some patches come in a single strength, and are used during the 16 waking hours. Others are used for 24 hours and come in several strengths. Make sure to read the packaging to understand which type you are buying. Do not reuse a patch, and dispose of them properly, keeping them out of the reach of children and pets.

## ISN'T THE PATCH JUST AS BAD FOR ME AS SMOKING CIGARETTES?

No, because you get less nicotine through the patch than you do with cigarettes. The patch also does not have all the tars and poisonous gases that are found in cigarettes.

## I'VE HEARD THAT SOME PEOPLE HAVE HAD SIDE EFFECTS FROM USING THE PATCH. IS IT DANGEROUS TO USE?

You can overdose on nicotine so it is critical to follow your doctor's instructions on how to use the patch. Your doctor will want to know whether you are taking any medications that may affect the use of the patch. Make sure that you quit smoking completely before starting to use the patch. You should never smoke a cigarette while using the patch. If you do slip and

smoke a cigarette while wearing the patch, contact your doctor if severe side effects occur.

Some side effects from wearing the patch can include headaches, dizziness, upset stomach, diarrhea, weakness, blurred vision and event, vivid dreams, which may result from an interrupted sleep pattern when you quit smoking. Some people report a mild itching or burning on the skin which usually goes away in about an hour. If the irritation continues, you can try moving the patch to a different spot. If it persists, remove the patch and contact your doctor.

## HOW DO I KNOW IF THE PATCH IS RIGHT FOR ME?

Again, you and your doctor or pharmacist need to decide. The patch works best for people who are addicted to nicotine and are really trying to quit. People who have quit several times and may not feel that they are able to quit on their own are likely candidates for the patch. While these products are helpful in quitting, they are not a magic pill. It still takes lots of hard work for the smoker to stay quit.

If you use the patch correctly and you follow a behavior change program like the American Lung Association's FREEDOM FROM SMOKING®, you can significantly increase your chances of quitting smoking.

## HOW CAN I FIT THE PATCH INTO THE FREEDOM FROM SMOKING® GROUP PROGRAM?

Be sure that you have purchased the patch before "Quit Day." On that day, all members of the group will stop smoking and those who choose will start using the nicotine skin patch or gum.

If you have already quit when starting the FFS program, it is still important to go through the sessions before "Quit Day" to learn what triggers your urges to smoke and how to cope without smoking.



## AREN'T YOU JUST TRADING ONE ADDICTION FOR ANOTHER?

You are addicted to the nicotine in cigarettes. So in a sense, you are already addicted to the nicotine patch. By using it, you can gradually reduce the level of your addiction until you can completely control it and stop using the patch.

## WILL IT BE HARD TO GIVE UP THE NICOTINE PATCH?

Studies have shown that it is much easier to give up the patch than it would be to give up cigarettes, for two reasons. First, we usually develop cravings for things that provide immediate satisfaction, like chocolate. With the patch, the nicotine level in your body stays relatively constant day after day. There is no immediate satisfaction, so there is little craving for a patch. Secondly, anything you do often such as smoking becomes a habit. Since you put on a patch only once a day, there is no strong habit to break.

## I'M WEARING THE PATCH, BUT I STILL CRAVE CIGARETTES SOMETIMES. IS THIS NORMAL?

When you wear the patch, you are less likely to suffer from several of the major smoking withdrawal symptoms such as tenseness, irritability, sleepiness and difficulty concentrating. Cravings may not last with the patch but do not expect them to disappear magically.

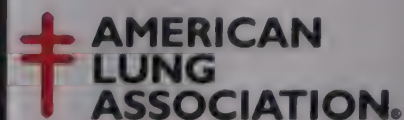
For most smokers, there is more than one reason why they smoke. Nicotine addiction is just one part of the habit. We also develop a behavioral or psychological addiction as well. Certain feelings, times of the day or activities all become strong cues and make us crave a cigarette. That is why it is so important for you to participate in a program like FREEDOM FROM SMOKING® and to practice coping with all the urges that come up for you.

## WHAT WILL HAPPEN TO ME IF I CHOOSE NOT TO USE THE PATCH OR OTHER NICOTINE REPLACEMENT PRODUCT?

There have been about 40 million smokers who have been able to quit smoking before the patch even existed. If you follow the FREEDOM FROM SMOKING® program and ask for lots of help from family, friends and co-workers, you will be able to quit and stay quit. **GOOD LUCK!**

**Note:** In addition to the nicotine gum and patch, which are available over the counter, there is Nicotrol® nasal spray and inhaler, which are currently available only by prescription. Ask your doctor or pharmacist for advice on proper usage.

**FREEDOM FROM SMOKING®**  
**Special Suggestions to Get Back on Track**



Session 4: Winning Strategies

[www.ffsonline.org](http://www.ffsonline.org)

Quitting smoking takes practice. It takes more practice for some than for others. Having a couple of cigarettes is different from actually going back to smoking. Don't slip. Don't go back to smoking. But if you do, here are some helpful hints to get you back on track.

**— IF YOU HAVE GONE BACK TO SMOKING —**

- 1** Keep on practicing until you quit for good.
- 2** Tomorrow, list your trigger situations and some plans on how you can cope with each situation without smoking.

I will list my triggers tomorrow at \_\_\_\_\_.

**TRIGGER**

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**MY PLAN**

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- 3** Decide which part of the day is the hardest to get through without smoking. Plan to practice not smoking during that time.

The hardest part of the day to stay away from cigarettes is \_\_\_\_\_ .

I will practice not smoking during this time tomorrow \_\_\_\_\_ .  
(day and date)

- 4** The next day, don't smoke during the time period you selected. Use your plan and check the handout, *"What to Do When the Craving Comes."*
- 5** Call your buddy or your Facilitator
- 6** The third day, quit smoking for one day (24 hours). Arrange to have your Facilitator call you to support you.
- 7** At the end of the day, **reward yourself** for whatever progress you've made. Forget about words like failure or lack of willpower. You just need to keep practicing until you make it permanent.  
**You can do it!**



**— IF YOU HAD A SLIP OR TWO —**

- 1** Treat the slip as an emergency. Take immediate action to recover. For example, throw away the cigarettes or leave the party.
- 2** Remind yourself that a slip is just a mistake, not a total relapse back to smoking. You can be better prepared next time.
- 3** Repeat your commitment to quit and your reasons for quitting.
- 4** Review the actions that led to your slip.

**Activity** \_\_\_\_\_

**Place** \_\_\_\_\_

**Feeling** \_\_\_\_\_

- 5** Plan a specific coping plan for the next time.

**I could avoid smoking next time by:** \_\_\_\_\_  
\_\_\_\_\_

- 6** Ask someone for help.

**I will call** \_\_\_\_\_ **to discuss my plan and make a new commitment.**

**YOU CAN GET RIGHT BACK ON TRACK AND  
QUIT FOR GOOD!**

# Benefits of Stopping Smoking

Session 4: Winning Strategies

- 1 There is a much lowered risk of disability and death from coronary heart disease and smoking-related diseases such as chronic bronchitis and emphysema.
- 2 Your taste buds come back to life. Your sense of smell improves.
- 3 Fire hazard is reduced.
- 4 Chronic irritation of larynx is reduced so your speaking voice may improve.
- 5 Shortness of breath and cough decrease.
- 6 There is a reduced risk of ulcer.
- 7 Your risk of getting lung cancer is reduced; particularly occupation-related lung cancer for asbestos and some chemical workers.
- 8 A pregnant woman eliminates possible smoking-related injury to the unborn fetus.
- 9 Nonsmokers are more acceptable in public places and in the homes of nonsmoking friends.
- 10 Women on the birth control pill worry less about side effects.
- 11 Fewer colds occur.
- 12 Circulation improves.
- 13 Frequency and severity of asthma episodes are greatly decreased.
- 14 More spending money is available.
- 15 You have more energy and stamina.
- 16 The smell of tobacco doesn't cling to your clothes and hair.
- 17 You're a better example for you children. You increase the chance that they'll never smoke.
- 18 You look better, healthier. You have a new sense of control over you life.
- 19 Peripheral and night vision improve so you drive more safely, especially at night.
- 20 You have two free hands again.



Some **BENEFITS** I've **ALREADY NOTICED** are:

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Some **BENEFITS** I'm **LOOKING FORWARD** to are:

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# Plan Ahead (Part 2)

Session 4: Winning Strategies

Now that you have stopped smoking, you need to check your coping strategies. Look at which ones work and which ones don't work as well.

- Write three things that you have done that helped you stay away from cigarettes:

*For example:* Take a deep breath when I have the urge to smoke.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

- Now, name two or three situations coming up this week that may make you want to smoke. Then, write in things you could do instead of smoking.

## SITUATION

## WHAT TO DO INSTEAD

*For example:*

Drinks with co-workers after work on Friday.

- 1 Decide not to go this time.
- 2 Go, but do not drink alcohol.
- 3 Ask a friend to help me avoid smoking.

- 1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_

- 2 \_\_\_\_\_  
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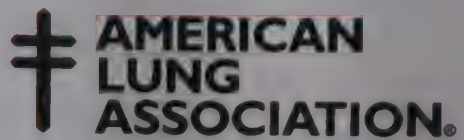
- 1 \_\_\_\_\_  
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- 3 \_\_\_\_\_  
\_\_\_\_\_







## **FREEDOM FROM SMOKING®**

# **CONTRACT**



I \_\_\_\_\_, am committed to  
not smoking for the next \_\_\_\_\_ days. When I am successful in not  
smoking until \_\_\_\_\_ o'clock on \_\_\_\_\_,  
(time) (day)

I will give myself the following reward:

\_\_\_\_\_

\_\_\_\_\_  
**Signed**

\_\_\_\_\_  
**Witnessed**





## 52 Proven Stress Reducers

Session 4: Winning Strategies

[www.ffsonline.org](http://www.ffsonline.org)

- 1 Get up fifteen minutes earlier in the morning.** The inevitable morning mishaps will be less stressful.
- 2 Prepare for the morning the evening before.** Set the breakfast table. Make lunches. Put out the clothes you plan to wear, etc.
- 3 Don't rely on your memory.** Write down appointment times, when to pick up the laundry, when library books are due, etc. ("The palest ink is better than the most retentive memory."—Old Chinese Proverb)
- 4 Do nothing you have to lie about later.**
- 5 Make copies of all keys.** Bury a house key in a secret spot in the garden. Carry a duplicate car key in your wallet, apart from your key ring.
- 6 Practice preventive maintenance.** Your car, appliances, home and relationships will be less likely to break down "at the worst possible moment."
- 7 Be prepared to wait.** A paperback book can make a wait in a post office line almost pleasant.
- 8 Procrastination is stressful.** Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
- 9 Plan ahead.** Don't let the gas tank get below one-quarter full; keep a well-stocked "emergency shelf" of home staples; don't wait until you're down to your last bus token or postage stamp to buy more, etc.
- 10 Don't put up with something that doesn't work right.** If your alarm clock, wallet, shoe laces, windshield wipers—whatever—are a constant aggravation, get them fixed or get new ones.
- 11 Allow 15 minutes of extra time to get to appointments.** Plan to arrive at an airport one hour before domestic departures.
- 12 Eliminate (or restrict) the amount of caffeine in your diet.**
- 13 Always set up contingency plans, "just in case."** ("If for some reason either of us is delayed, here's what we'll do..." Or, "If we get split up in the shopping center, here's where we'll meet.")
- 14 Relax your standards.** The world will not end if the grass doesn't get mowed this weekend.
- 15 Pollyanna-Power!** For every one thing that goes wrong, there are probably 10 or 50 or 100 blessings. Count'em!
- 16 Ask questions.** Taking a few moments to repeat back the directions that someone expects of you, etc., can save hours. (The old "the hurrier I go, the behinder I get" idea.)
- 17 Say "No!"** Saying no to extra projects, social activities and invitations you know you don't have the time or energy for takes practice, self-respect and a belief that everyone, everyday, needs quiet time to relax and to be alone.
- 18 Unplug you phone.** Want to take a long bath, meditate, sleep or read without interruption? Drum up the courage to temporarily disconnect.  
(The possibility of there being a terrible emergency in the next hour or so is almost nil.)
- 19 Turn "needs" into preferences.** Our basic physical needs translate into food, water, and keeping warm. Everything else is a preference. Don't get attached to preferences.
- 20 Simplify, simplify, simplify.**
- 21 Make friends with nonworriers.** Chronic worrywarts are contagious.
- 22 Take many stretch breaks** when you sit a lot.
- 23 If you can't find quiet at home, wear earplugs.**



- 24** **Get enough sleep.** Set your alarm for bedtime.
- 25** **Organize!** A place for everything and everything in its place. Losing things is stressful.
- 26** **Monitor your body for stress signs.** If your stomach muscles are knotted and your breathing is shallow, relax your muscles and take some deep, slow breaths.
- 27** **Write your thoughts and feelings down on paper.** It can help you clarify and give you a renewed perspective.
- 28** **Do this yoga exercise** when you need to relax: Inhale through your nose to the count of eight. Pucker your lips and exhale slowly to the count of 16. Concentrate on the long sighing sound and feel the tension dissolve. Repeat 10 times.
- 29** **Visualize success** before any experience you fear. Take time to go over every part of the event in your mind. Imagine how great you will look, and how well you will present yourself.
- 30** **If the stress of deadlines gets in the way of doing a job, use diversion.** Take your mind off the task and you will focus better when you're on the task.
- 31** **Talk out your problems with a friend.** It helps to relieve confusion.
- 32** **Avoid people and places that don't fit your personal needs and desires.** If you hate politics, don't spend time with politically excited people.
- 33** **Learn to live one day at a time.**
- 34** **Every day, do something you really enjoy.**
- 35** **Add an ounce of love** to everything you do.
- 36** **Take a bath or shower** to relieve tension.
- 37** **Do a favor** for someone every day.
- 38** **Focus on understanding** rather than on being understood, on loving rather than on being loved.
- 39** **Looking good makes you feel better.**
- 40** **Take more time between tasks to relax.** Schedule a realistic day.
- 41** **Be flexible.** Some things are not worth perfection.
- 42** **Stop negative self-talk:** "I'm too fat, too old, etc..."
- 43** **Change pace on weekends.** If your week was slow, be active. If you felt nothing was accomplished during the week, do a weekend project.
- 44** **"Worry about the pennies, and the dollars will take care of themselves."** **Pay attention to the details** in front of you.
- 45** **Do one thing at a time.** When you are working on one thing, don't think about everything else you have to do.
- 46** **Allow time every day for privacy, quiet and thinking.**
- 47** **Do unpleasant tasks early** and enjoy the rest of the day.
- 48** **Delegate responsibility** to capable people.
- 49** **Take lunch breaks.** Get away from your work in body and in mind.
- 50** **Count to 1,000 not 10,** before you say something that could make matters worse.
- 51** **Forgive people and events.** Accept that we live in an imperfect world.
- 52** **Have an optimistic view of the world.** Most people do the best they can.



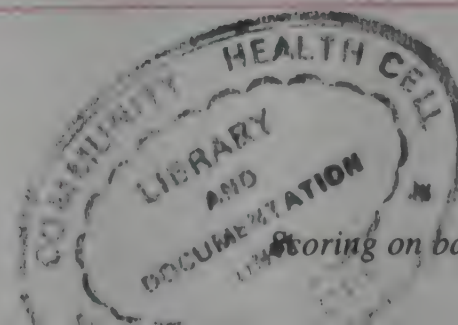
**INSTRUCTIONS:** Read each statement carefully and circle the number that most closely describes your own experience with eating. Be sure to answer every statement.

	Never	Sometimes	Often
A. As I was growing up, food was used in my family to express love.	1	2	3
B. When I'm with friends, I tend to eat more than usual.	1	2	3
C. I choose fatty foods more than vegetables and fruits.	1	2	3
D. The snacks I choose are high in sugar.	1	2	3
E. When I feel tense or angry, I have something to eat.	1	2	3
F. I am hungry between meals.	1	2	3
G. I feel sleepy during the day.	1	2	3
H. Food is an important "friend" of mine, especially when I am alone.	1	2	3
I. When I watch TV, I have a snack.	1	2	3
J. When I eat, I lose track of calories.	1	2	3
K. I prefer snacks that are sweet.	1	2	3
L. When I'm sad, food will raise my spirits.	1	2	3
M. I eat larger meals now than before I quit smoking.	1	2	3
N. I spend more time watching TV or reading now than when I was smoking.	1	2	3

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P01





## SCORING

**NOW LET'S FIND OUT WHY YOU EAT...** Each letter relates to a statement on the front. Write in the number (1, 2 or 3) that you circled for each. For example, you will write the circled number for item A on the line next to "A." Then write the circled number for item B on the line next to "B" and so on. Then add the two scores. Put the total in the blank space of the totals column.

You can then look at the categories and see where you scored high. This will help you understand more about why you eat. When you understand why, you can plan ways to control your eating.

TOTALS					CATEGORY	
A	_____	+	H	_____	= _____	Substitute for companionship, or cigarette.
B	_____	+	I	_____	= _____	Habit/outside trigger.
C	_____	+	J	_____	= _____	Unaware of good eating habits.
D	_____	+	K	_____	= _____	Sweet tooth.
E	_____	+	L	_____	= _____	Response to stress.
F	_____	+	M	_____	= _____	Food tastes better, or cigarettes satisfied my hunger.
G	_____	+	N	_____	= _____	Not enough exercise. Tired from quitting smoking.

**FREEDOM FROM SMOKING®**  
**HUNGER HELPS**  
**Tips For Changing Your Behavior About Food**

Session 5: The New You

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If you find yourself hungrier than usual these days, try some of the suggestions below before raiding the refrigerator.

- 1** Drink a large glass of low-calorie beverage every hour. You'll feel less hungry if your stomach is full of fluid.
- 2** Keep your hands busy with anything but food or cigarettes.
  - Start a project: building, sewing, fixing, etc.
  - Work on a jigsaw puzzle or crossword puzzle.
  - Wash your hair. Take a shower.
  - Go for a walk or bike ride.
  - Write a letter or start a journal.
- 3** Add up the calories, or list the food you've eaten today.
- 4** Plan snacks into your day. Eat three small meals and two snacks.
- 5** Live with occasional hunger. It may disappear in a short time.
- 6** Eat slowly. Don't eat on the run or you'll end up eating more.
- 7** Make a list of five tasks you'll do before eating anything.
  - Wash your face.
  - Weigh yourself.
  - Stand up and stretch for two minutes.
  - Trim, clean or file your nails.
  - Make one phone call to a friend.
- 8** Remember that sensations of hunger can be satisfied with 50 calories. Keep a supply of low calorie snacks on hand.
  - 3 cups air-popped popcorn and 1 Tbsp. parmesan cheese (100).
  - 1 cup raw vegetables and low-calorie dressing (40).
  - 1 cup fresh raw vegetables (25).
  - 1 medium apple (80).
  - 1 medium baked apple with cinnamon and 1 Tsp. Sugar (100).
  - 1 cup low-calorie cocoa (65).
  - 2 rice cakes (70).



# Fat Facts

High fat food choices result in high calorie counts. Listed below are typical high fat foods in our everyday diets. In the column next to the high fat foods are lower fat alternatives. These alternatives still add up in calories, so be sure to choose carefully as you plan your meals.

HIGH FAT FOOD CHOICES	 LOWER FAT ALTERNATIVES	HIGH FAT FOOD CHOICES	 LOWER FAT ALTERNATIVES
<b>Beef</b> Rib roasts Hamburger Brisket Short ribs Rib eye Sirloin T-bone steaks	 <b>Beef</b> Arm/chunk/rump roast Extra lean ground beef Flank steak Sirloin tip Round steak	<b>Cake</b> Layer Pound	 <b>Cake</b> Angel Food Sponge
<b>Cheese</b> Cheddar American Bleu Swiss	 <b>Cheese</b> Part skim Mozzarella Parmesan Low calorie	<b>Chicken</b> With skin Fried Baked Grilled	 <b>Chicken</b> Without skin Broiled
<b>Granola</b>	 <b>Oatmeal</b> Cornflakes Cheerios Shredded Wheat Puffed Rice	<b>Ice Cream</b>	 <b>Ice Milk</b> Frozen Yogurt
<b>Pie</b>	 <b>Pudding</b> Custard	<b>Pork</b> Bacon Spareribs Shoulder cuts Sausages Lunch meats	 <b>Pork</b> Loin chops Fresh/smoked ham Pork tenderloin
<b>Potatoes</b> French fried Au gratin	 <b>Potatoes</b> Oven fried Baked	<b>Salad Dressings</b>	 <b>Low-calorie Salad Dressings</b>
<b>Seafood</b> Breaded Fried	 <b>Seafood</b> Grilled Broiled Baked	<b>Snack Foods</b> Peanuts Potato chips Cheese Curls Tortilla Chips	 <b>Snack Foods</b> Unbuttered popcorn Pretzels Rice cakes



**CONGRATULATIONS!** You've quit smoking. In the process of quitting, you have already learned many skills that will help you stay off cigarettes for good. The following "tips" will review these skills and provide additional "tools" to help you maintain your new smoke-free lifestyle. Reference to corresponding **Freedom from Smoking®** Clinic Sessions, Handouts, and FFS Relaxation Tape exercises are highlighted after each topic.

### BECOMING A NON-SMOKER

The first step in becoming a non-smoker is to **PLAN AHEAD** and keep an action plan handy that includes your (1) personal reasons for quitting (2) list of your most common triggers, and (3) coping techniques that work best for you. Then, when things get tough, you will be able to reinforce your decision to quit smoking and "take charge" of the situation.

- Refer to the FFS Clinic Sessions 1, 2 & 4 Handouts, *"My Reasons to Stop Smoking"* and *"Plan Ahead"* – Parts I & II.

### USING MEDICATION PRODUCTS

You may have chosen to use a **nicotine replacement** product to help cope with the physical addiction to nicotine. There are several FDA approved nicotine products available: nicotine gum and nicotine patches, available over the counter, and a nicotine nasal spray and a nicotine inhaler, currently available only by prescription from a doctor. **CAUTION: You must quit smoking completely before using these products.**

A non-nicotine pill under the trade name, Zyban, is also available by prescription. It acts on the brain chemistry to bring about some of the effects that nicotine has when people smoke. **CAUTION: It must be started at least one week before you quit.**

Check with your doctor or pharmacist to find out which product might be right for you and to discuss any potential risks in using these products. In order for medications to work successfully, you must be committed to your action plan discussed above and you must make a serious effort to overcome habits associated with smoking.

- Refer to FFS Clinic Sessions 2 & 3 Handouts, *"Tips For Correct Use of Nicotine Gum"*, *"Typical Questions About the Nicotine Skin Patch"*, *"FDA Approved Smoking Cessation Products"*.

### REWARD YOURSELF

Self-rewards help reinforce your decision to become a nonsmoker. Give yourself a reward for every milestone in your new smoke-free life. Rewards don't have to be big or cost much; they can even be free. Rewards can be anything you care about or like. People who reward themselves for quitting are more likely to succeed. Here are some rewards other people have used:

- Buy a new compact disc, tape, or magazine.



- Get a new hairstyle for the new you.
- Buy running shoes or exercise equipment.
- Call a friend or family member.
- Get tickets to a sporting event or concert.
- Spend extra time on a hobby.
- Go to a movie or rent an old favorite.
- Eat a special meal or have a treat out.

☞ Refer to the FFS Clinic Session 3 Handout, *“Reward Yourself – My List of Rewards”*.

## COPING WITH URGES

The key is planning ahead so, wherever you are, you’ll have something to do instead of smoking. Whenever you want a cigarette, try the four D’s:

- Delay—the urge to smoke will pass whether you smoke or not.
- Deep Breathe.
- Drink water.
- Do something to take your mind off smoking. Look at your list of coping techniques. Remember, the key to success is planning how to deal with your urges before they hit.

## POSITIVE SELF-TALK

The following positive self-statements help you think more rationally and calmly. *“I can handle this.” “Tough times don’t last.” “I know what I really want for myself.”*

☞ Refer to the FFS Clinic Sessions 3, 4 & 5 Handouts, *“What To Do When The Craving Comes, Plan Ahead—Part II”*; Wallet Card, *“What to Do and Say When You Want to Go Back to Smoking”*; FFS Relaxation Tape, *“Deep Breathing, Relaxation and Positive Thinking”* exercises.

## COPING WITH TENSION

*Relaxercise* is a simple exercise that can help when you feel tense. You’ll find you can relax without smoking. It’ll also help when you’re bored. Here’s how to do it:

- Think about something that makes you feel good.
- Relax your shoulders. Close your mouth. Inhale slowly and as deeply as you can. Keep your shoulders relaxed.
- Hold your breath while you count to four.
- Exhale slowly, letting out all of the air from your lungs.
- Slowly repeat these steps five times.

*Relaxercise* will help you stay calm and make you feel better.

☞ Refer to the FFS Clinic Session 4 Handout, *“52 Proven Stress Reducers”*; FFS Relaxation Tape, *“Deep Breathing and Muscle Relaxation”* exercises.

## **COPING WITH FEELINGS**

As you go through stages of physical and psychological recovery, you will have lots of feelings. Following are alternatives to smoking that have worked for others experiencing various feelings.

### **If you're feeling happy, want to celebrate and enjoy good times:**

- Spend more time with people who don't smoke.
- Cut down on alcohol. Have a nonalcoholic cocktail. Or chew on a swizzle stick.
- Do other things you like: Exercise, Relaxercise, see a movie, call a friend, reward yourself, work on a hobby.
- If you're going to be with smokers, for example, at a party, plan for it ahead of time. Think of yourself there without a cigarette. Imagine how good you'll look without a cigarette. Tell yourself that good times will be even better without cigarettes.

### **If you're bored or having the blahs:**

- Take a walk.
- Call or get together with a friend.
- See a movie.
- Work on a hobby.
- Treat yourself to a special low-calorie snack.
- Take a bubble bath.
- Be ready for unexpected waits. Carry a paperback book or puzzle book with you.
- Pick up a pencil and doodle. Do anything BUT smoke.

### **If you're feeling unhappy, angry or upset:**

- Squeeze a ball.
- Exercise.
- Do the Relaxercise.
- Call a friend.
- Throw darts, plastic dishes, etc.
- Work in your garden.
- Read a good book.
- Crush paper.

➡ Refer to FFS Clinic sessions 1 & 2 Handouts, *"Pack Track; Plan Ahead—Part I"*; FFS Relaxation Tape, *"Deep Breathing"* and *"Muscle Relaxation"* exercises.

## **COPING WITH SOCIAL SITUATIONS**

While many people want to support your decision to be smoke-free, others don't understand what you are going through and may not make it easy for you. For help dealing with negative people, try to remember all your reasons for quitting. Say "NO" when a smoker offers you a cigarette, avoid other smokers, go to places where smoking isn't allowed, review your list of coping alternatives.



## Using Positive Feedback

Practice dealing with the negative people in a way that is positive for you.

*When I told my neighbor I planned to stop smoking, she said, “Oh sure, you’ve stopped many times.”*

Here’s one way that smoker could respond:

*“Sure, I went back to smoking before. But doctors now say that I was practicing to quit. This time, I’m going to learn about my smoking, plan other things to do, and quit for good. Most quitters need to try a few times before they quit for good.”*

## Saying “NO”

Saying “no” to cigarettes is one of the secrets to success. There are many ways to say it. Practice until you find the right one for you. The more you say “no,” the easier it’ll be.

*Nice:* “Thanks, but I’d rather not. You see, I quit.”

*Humorous:* “I’m sorry, I can’t. I’m in training for the Boston Marathon.”

## Visualization

“See” yourself as a nonsmoker at work, at home and in social situations. Use visualization to rehearse ways of handling an upcoming social situation or any key temptation.

➡ Refer to FFS Clinic Sessions 5 & 6 Handouts, “*Plan Ahead–Part II*”, “*Assertive Communication*” and Wallet Card, “*What to Do and Say When You Want to Go Back to Smoking*.”

## GETTING HELP

Many people you know will want to support your new smoke-free lifestyle. Deep down, even smokers will respect you for quitting and wish they could, too. Choose people to support you from your family, work, and friends. Be sure to tell them some of the following ways they can help you:

- Hear you out when you’re tempted to smoke.
- Suggest methods for getting past the urge.
- Stop by to see you—or call you—on days you know will be hard for you.
- Help explain your needs to your spouse or companion.
- Be available just to listen to you complain about how awful it is—or brag about how well you’re doing!

➡ Refer to FFS Clinic Session 3 Handout, “*Using Your Buddy Effectively*”, “*How to Help a Friend Quit Smoking*” booklet.

**For more help**, contact your local American Lung Association by calling 1-800-LUNG-USA (1-800-586-4872). Read *ALA’s 7 Steps to a Smoke-Free Life*, Edwin B. Fisher, et al/Paperback/Published 1998, Price: \$12.95. You can also visit the ALA Web site at [www.lungusa.org](http://www.lungusa.org).



## CONTROLLING WEIGHT

Many people gain some weight after giving up smoking, since they start to burn calories a little more slowly. Also, food tastes better and some people use food instead of cigarettes when they want something to do with their hands. But there is no rule that says you will gain weight. Everyone is different. Don't forget that a few pounds is not nearly as bad for you as smoking. To avoid gaining, practice other ways to help yourself when you're feeling hungry, and establish a regular exercise program.

### Stock up on the following *smart snacks*:

- When you want something sweet, try: berries, peaches, plums, pears, cantaloupe, fresh pineapple, a frozen fruit bar.
  - For a crunchy treat, try: apples, fresh vegetables, popcorn, graham or wheat crackers.
  - For a chewy nibble, try: ½ bagel or a slice of raisin bread, raisins, cereal without milk, small bran muffin, ½ whole wheat English muffin or banana.
- ➡ Refer to the FFS Clinic Sessions 5 & 6 Handouts, “*Why Do I Eat?*”, “*Hunger Helps*”, “*Fat Facts*” and “*Walking Program*”, “*Stop Smoking, Stay Trim*” leaflet.

## PREVENTING RELAPSE & SLIDING BACK

The best way to prevent relapse is to be prepared for the chance of it happening. Carry your action plan with you so you will know what to say or do when you're tempted to smoke. If you begin to slip back, don't worry. This doesn't mean you've failed. Millions of people who have quit smoking slip and smoke. And many of these smokers still end up quitting for good. Here are some steps you can take to quit for good:

- Treat your situation like an emergency and get out of it. **STOP SMOKING IMMEDIATELY.** Take action. Get rid of all cigarettes.
- Once you've removed yourself from the situation, look back and consider what went wrong. Where were you? What were you doing? Who were you with? Figure out what caused the slip.
- Next, decide what you will do if this situation comes up again.
- When you're ready to handle this situation the next time it happens, **QUIT AGAIN WHEN YOU'RE READY!**

Once you're back on track, set a **NEW QUIT DAY**. Tell everyone that you are quitting. Most people practice quitting smoking a number of times before they make it for good.

Make a list of coping strategies that are sure to work for you. Forget about plans that didn't work for you in the past. Try new ones. And review your list of reasons for wanting to quit. Review it again whenever you feel you're slipping back into your old habit. When the urge hits, say, “I'm going to make it this time.”

- ➡ Refer to the FFS Clinic Sessions 6 & 7 Handouts, “*Special Suggestions to Get Back On Track*”, “*Relapse Prevention Plan*” and Wallet Card, “*What to Do and Say When You Want to Go back to Smoking*”.



## **FEELING GOOD ABOUT YOURSELF**

It's time to start thinking of yourself as a NONSMOKER. One way to do that is to remind yourself of all the good reasons for quitting.

- I feel better.
- My health is improving.
- I don't smell like cigarettes anymore.
- I'm saving money.
- I'm taking control of my life.
- I'm no longer hurting the people around me with my smoke.
- I'm setting a better example for my family.

## **Helping Others Quit**

You know what it takes to quit smoking. Helping others quit can help you stay a NON-SMOKER. Be positive, encouraging and understanding to a person who wants to quit. Help the person set a QUIT DAY and follow-up by being a "buddy," giving rewards, being supportive, and giving encouragement for progress.

## **Take Pride, You Have a Whole New Life Ahead of You**

It's a better life for you and the people around you. Be proud of yourself, and enjoy your smoke-free life.

➡ Refer to FFS Clinic Session 4 Handout, "*Benefits of Stopping Smoking*"; FFS Relaxation Tape, "*Relaxation and Positive Thinking*".

## **YOU'LL KNOW WHEN YOU'VE BECOME A NONSMOKER**

You should never let your guard down completely; however, you'll know you have made it as a nonsmoker when:

- Your urges are few and far between.
- You enjoy not smoking.
- Feelings of nostalgia when you were a smoker have disappeared.
- You feel sorry for people who are smokers.

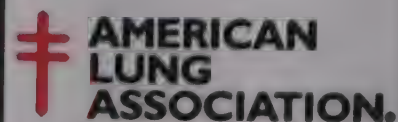
That's when you'll know you're on the road to staying smoke-free.

## **Remember: Even One Cigarette is Too Many**

Statistics show that smoking just one cigarette can undo whatever you went through to quit smoking. In the long run, it's "easier to have none than one."

# FREEDOM FROM SMOKING<sup>®</sup>

## Walking Program



Session 5: The New You

[www.ffsonline.org](http://www.ffsonline.org)

### A Realistic Approach To Fitness And Exercise

#### WALKING: Time Schedule

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> 6:00 - 7:00 am   | <input type="checkbox"/> 12:00 - 1:00 pm | <input type="checkbox"/> 5:00 - 6:00 pm  |
| <input type="checkbox"/> 7:00 - 8:00 am   | <input type="checkbox"/> 1:00 - 2:00 pm  | <input type="checkbox"/> 6:00 - 7:00 pm  |
| <input type="checkbox"/> 8:00 - 9:00 am   | <input type="checkbox"/> 2:00 - 3:00 pm  | <input type="checkbox"/> 7:00 - 8:00 pm  |
| <input type="checkbox"/> 9:00 - 10:00 am  | <input type="checkbox"/> 3:00 - 4:00 pm  | <input type="checkbox"/> 8:00 - 9:00 pm  |
| <input type="checkbox"/> 10:00 - 11:00 am | <input type="checkbox"/> 4:00 - 5:00 pm  | <input type="checkbox"/> 9:00 - 10:00 pm |
| <input type="checkbox"/> 11:00 - 12:00 pm |  |  |

#### DAYS I WALK ARE *(please circle)*

Mon.      Tues.      Wed.      Thurs.      Fri.      Sat.      Sun.

#### ACTIVITY ASSESSMENT

Circle appropriate number for each question	Two times a month or less	Once or twice a week	Three or more times a week
<u>1</u> How often do you add steps to your routine?(e.g., steps, not elevator)	1	2	3
<u>2</u> How often do you exercise 20 minutes a week?	1	2	3
<u>3</u> How often do you play strenuous sports or dance?	1	2	3
<u>4</u> How often does your daily work cause you to breathe hard? (e.g. , lifting).	1	2	3

Add the numbers you circled.

Add 2 points if you are under 40.

**TOTAL**\_\_\_\_\_

**Level 1 = 0 - 7 points**

**Level 2 = 8 - 12 points**

**Level 3 = 13+ points**

My level is : \_\_\_\_\_



## REASONS TO HAVE FUN

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

4 \_\_\_\_\_

\_\_\_\_\_

5 \_\_\_\_\_

\_\_\_\_\_

WALKING CHART *		
Level	Miles	Minutes
1	1	20
2	1.5	30
3	1.75	30
4	2	40
5	2.25	40
6	2.5	45
7	3	50
8	3.25	55
Maintenance	3 – 4	50 – 60

\* You may want to continue to increase your level by adding miles and minutes to your walking program.

There are three styles for responding to difficult situations. Take for example, a situation in which a co-worker says, **“You are so grumpy. Just go back to smoking.”**

**STYLE ONE: Respond Aggressively****Result**

“Get lost. You’re a creep for trying to tempt me.”

- Loss of control; increased tension.
- You have an incredibly strong urge to smoke

**STYLE TWO: Respond Passively****Result**

You stay silent and feel guilty about acting grumpy.

- Loss of self-respect. Decreased confidence.
- You feel as though you might as well light a cigarette.

**STYLE THREE: Respond Assertively****Result**

“I’m trying to quit smoking. Please be patient with me and I’ll do better.”

- You feel good about yourself.
- You asked for what you want.
- You’ve respected the other person’s feelings and your own feelings as well. The other person usually understands that it is a difficult time for you.
- You have avoided a potentially dangerous trigger (guilt or anger). You stay smoke-free.

Now, write down some assertive ways that you could respond when someone tries to get you to smoke. *For example*, “No thanks. I’m in training for the Boston Marathon.”

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_






# FREEDOM FROM SMOKING®

## Relapse Prevention

Session 7: Let's Celebrate

 **AMERICAN  
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ASSOCIATION.**

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**Relapse prevention** requires writing a program that you will follow if you begin to slip back to smoking. First, continue to remind yourself of your reasons for quitting. Then, work out each step of this handout and hang it in a place where you will see it.

### IF YOU BEGIN TO SLIP BACK ...

**1** Monitor your inner voice. Listen for messages that say you feel deprived.

**2** Identify past relapse situations.

**Situation** \_\_\_\_\_

**Situation** \_\_\_\_\_

**Situation** \_\_\_\_\_

**3** Recognize stress situations.

**4** Monitor your eating habits. Read "*Stop Smoking and Stay Trim.*"

**Upper Weight Limit** \_\_\_\_\_

**5** Be aware of false confidence, and putting yourself in situations that set you up for slips.

**6** Exercise

**7** Set future goals for celebration and reward.

**8** Review; "*Tips to Stay Smoke-Free.*"

**9** Start a new lifestyle activity.

### WHAT TO DO ...

- Change your messages to feel determined instead of deprived.

- Make a plan for each situation.

**Plan** \_\_\_\_\_

**Plan** \_\_\_\_\_

**Plan** \_\_\_\_\_

- Practice new techniques. Practice saying, "I feel angry. I feel sad or scared."

- Set an upper weight limit. If you approach it, have a plan.

**Plan** \_\_\_\_\_

- Work on your positive attitude one day at a time. If an activity causes you to have frequent recurring memories of smoking, you may be setting yourself up. Change your thinking immediately.

- Add 30 minutes of moderate active fun to your present daily schedule.

- Reward yourself regularly at least for the first year.

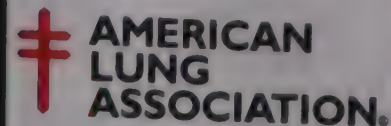
- Read when you are evaluating your progress and at each celebration.

- Consider hobbies, clubs, cultural events, sports, volunteering or education.





**FREEDOM FROM SMOKING<sup>®</sup>**  
**End of Clinic Questionnaire**



Session 7: Let's Celebrate

[www.ffsonline.org](http://www.ffsonline.org)

All information on this form will be kept confidential.

Date \_\_\_\_\_

1 How many sessions of the clinic did you attend? \_\_\_\_\_

2 What was the most helpful activity in the clinic? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 What was the least helpful activity in the clinic? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4 Are you currently smoking cigarettes? \_\_\_\_\_ Using other tobacco products? \_\_\_\_\_

5 How did the Clinic Facilitator help you? \_\_\_\_\_  
\_\_\_\_\_

6 How could the Clinic Facilitator have helped more? \_\_\_\_\_  
\_\_\_\_\_

7 How would you improve the clinic? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8 Would you like to volunteer to help other smokers? Please check activities you would be interested in, then write your name and address.

☐ Clinic Facilitator

☐ Clerical assistance

☐ Telephone Follow-up

☐ Other

☐ Panel of Ex-smokers

☐ Not interested at this time

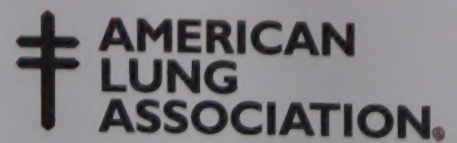
\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone Number







**FREEDOM FROM SMOKING®**  
CLINIC PROGRAM

# Certificate of Quitting

**Congratulations to**

---

**For Quitting Smoking**

**You have hereby taken one of  
the most significant steps toward  
protecting your health and increasing  
your years of physical well-being.**

**Welcome to the ranks of nonsmokers!**

---

Clinic Facilitator

Date



AMERICAN  
LIFE  
ASSOCIATION

PROVIDES THE SUPPORT  
GROUP PROGRAM

## Certificate of Quitting

Congratulations to

For Quitting Smoking

I am proud to say that you are one of  
the most successful people I have  
known who have quit smoking and this means  
that you are a person who is truly  
committed to your health and well-being.

I hope to see you at our next meeting.

Thank you for your participation.





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*For nearly 100 years, the American Lung Association, Lung Association affiliates throughout the United States and the American Thoracic Society have worked together in the fight against lung disease.*

*We need your support to fight lung disease, the third leading cause of death in the U.S. Call your local American Lung Association to find out how you can help.*

**Call 1-800-LUNG-USA  
(1-800-586-4872)**

**[www.lungusa.org](http://www.lungusa.org)**

**When You Can't Breathe,  
Nothing Else Matters®**

 **AMERICAN LUNG ASSOCIATION®**